Mr. Richard Gallen
14 E 60 St.,
New York, N.Y.10022

4/14/76

Dear Dick,

Glad to hear from you last night and, of course, sorry you remain so busy. I think I wrote you about one book possibility. I have another in mind, one in which Geis once had an interest the intended author did not find adequate.

Maybe sometime soon we'll both have a little free time that coincides. I have avoided filling the days up this coming trip to be free for talking to Dell if Dell wants to xkx talk. My susupicion is that they will be telling me they could find nothing more because what they found is quite helpful to me.

Enclosed is my carbon of the letter I'll be mailing to the two local doctors with today's outgoing mail. I was interrupted regularly while writing it but I think it probably says what I wanted to say. I like the GP but if I can't depend on him I will want another local doctor as rapidly as I can find one.

My immediate concerns are the discontinuation of the anti-coagulent and the Jobst supports. With the latter it is dual: are I now wearing the right kind and do theyx fit properly. By the end of yesterday they were as comfortable as any to date. But I do have some feeling of numbness in the feet when I wear them that I do not have with the other supports that Dr. Segal said were not enough. I wear them only to bed. I guess I do have another question: should I get these, TEDs, full-leg instead of the knee-high the GHA doctor originally told me about and to get.

Lil and I talked what to do over and decided that I would send this letter so the two doctors could decide which I should consult and better understand what is in my mind while taking much less of their time; and that if I do not hear from either by Friday, the first day I was told not to take the anti-coagulent, I'll call one. If I don't get through probably I'll continue taking them until I have a chance to see Dr. Segal if he will have the time. I hate to be my own doctor but I think the risk of taking the anticoagulent a few days longer, if there is any risk, is less than discontinuation poses if the discontinuation is premature. I am made more uneasy in this because of the low-grade pain in both calves where the phlebitis first manifested itself in each. It is too much like how it all started, meaning my awareness. I realize that everything may be normal, but there is nothing in the medical past to give me confidence andwhen I was told to discontinue on the 15th it was without any explanation, with no consultation scheduled for a month and a half after the discontinuation, and with no testing of any kind for that period. Maybe this is the right way, but I'd like to be sure. Besides, I've learned the value of the second zopinion Dr. Segal mentioned and I doubt I'll get a better one that his. He did impress me much. I still have not been able to get the advice he told me I need about diet and exercise and aside from his letter I have asked for it, too. On exercise I was told to walk only and on diet only to eat less and take unspecified vitamins. I have lost 5 pounds and I walk at least a mile every morning before 9, how much depending on how I feel. Usually it is a little longer, vigorous and hard because it begins steeply uphill. Rainy days I walk in the house. Maybe this explains a little more to you. Thanks for calling Dr. Segal for me. I'll make it any time he can. I'd prefer it not to be before noon Monday because I want to get started with Dell immediately but if that is the only time he has it is more important to me that Dell now.

I have the seventh chapter ready for retyping. I'm working on the eight, which will take several days of listening to tapes and transcribing them prior to using them in the writing. I may instead, to keep the typing going, jump ahead and read the remining chpater of the second part. This will leave the eighth and the second to be written before the first twoparts are done. There is a limit to what I can do in the third part until after the next calendar call. Thanks and best,

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